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Toronto metro

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metroLIFE

Toronto's Jonathan Silver, who previously distributed stickers that replace the "litter" sign on city garbage bins with the word "landfill," has turned his attention to issues of accessibility.
EDUARDO LIMA/METRO

FORWARD THINKING

These new symbols emphasize the person before the wheelchair. Why you're seeing more of them in Toronto, metroNEWS

High time for edible pot market

CANNABIS CULTURE

Toronto's first Nuit Verte to be held at 'top secret' location

May Warren
Metro | Toronto

A farmers' market for edible pot products is cropping up in Toronto.

Toronto's first "Nuit Verte" will be held at a "top secret" location Sept. 25. Organizer Lisa Campbell said they're expecting about 300 people, who will learn where it is once they buy tickets online.

According to Campbell, about 20 local pot producers will be on hand to hawk their wares, explain ingredients and offer samples.

"You can go there and ask questions about the products, you can know what stream is in your product, what's vegan or gluten free or organic, it's very much a craft market," she said.

Campbell is part of a "movement" called Green Market that has been holding Sunday cannabis markets all summer. Next week's event is their first night market.

"While it is illegal, we're waiting for the laws to catch up with public sentiment and the public wants to try edibles and is ready for them," Campbell said, noting marijuana farmer's markets are already happening across California.

"My favourite people that come out to the events are like moms from the suburbs who have three children, and they can't smoke in front of their kids, they don't want to smell like smoke, it just offers them an alternative which is more discreet," she added.

Green Market partner Sarah Gillies, who has her own line of hemp bath and beauty products, said customers are sometimes "flabbergasted" when they walk through the door.

"They love meeting the people who are making it so they can ask all these questions that they don't always get to ask when you're just dealing with a licensed producer," she said.

"It gives this very community atmosphere."

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BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

FERGUS
890 Tower St. S

GEORGETOWN
330 Guelph St.

GUELPH
5 Clair Rd. W
Stone Road Mall

LINDSAY
229 Kent St. W
Whitney Town Centre

MAPLE
Rutherford Marketplace

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E

MISSISSAUGA
980 Eglinton Ave. E
Creekside Crossing
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Fairview Mall
Lawrence Square
North York Sheridan Mall
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478 Dundas St W
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Oshawa Centre
Oshawa Soboys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

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metro NEWS

Your essential daily news

On the world stage: Justin Trudeau's first big moment at the UN. **World**

Humans of Toronto by K. Omar

"The childhood dream of being a professional soccer player stayed with me. I always played when I was younger, but then I kind of stopped when I got to college because you're busy ... and you also need to work. I almost had a scholarship opportunity, then something happened and I kind of lost my passion. If you asked anybody that knew me back then, they would say, 'Oh yeah, he's going to play soccer.' Now that I don't play anymore, I don't know who I am. I'm kind of finding myself again.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Heat is on to cool city for next year

HEALTH

Little time to enact fixes for sweltering homes, subway

May Warren
Metro | Toronto

Whether you were stuck in a sweaty apartment or a subway sauna, chances are you cursed a lack of air conditioning at some point this summer.

The season's record heat and humidity has finally subsided, but the city has less than a year to prepare for next summer — and the ones after that, all of which are expected to be even warmer.

Geordie Dent, director of the Federation of Metro Tenants' Associations, said the city should pass a bylaw soon requiring landlords to keep apartments below a maximum temperature.

"It could actually save lives, because this is getting to a situation of life or death," he said.

A 2015 Toronto Public Health report found extreme heat contributes to 120 deaths a year in the city. That number could double by 2050 if action is not taken, the report claims.

Coun. Mary Fragedakis has proposed a maximum apartment temperature of 26 C, but the issue won't go before the Board of Health until next spring at the earliest.

Still, Dent applauded Toronto for acknowledging the issue. "I haven't heard anything from the province on this," he said.

When it comes to keeping cool, Toronto could learn a few things from Dallas, Texas.

Dallas city council is poised to vote on a law requiring landlords to ensure apartments don't get hotter than 82 F (28 C).

"Your home needs to be a place where you can relax and sleep and recharge for the next day, and if there's no AC you can't do that," said Sandy Rollins, executive director of the Texas Tenants' Union.

Ryerson University interior design professor Lloyd Alter believes we could be doing more to cool buildings by limiting glass, shading windows and insulating walls more effectively.

"If we do that then we can sip on air conditioning instead of having to use so much of it," he said.

As for Line 2's sweltering subway cars, the TTC has pledged to have the problem fixed later this fall.

The temperature in some subway cars topped 32 C this summer. Bad news: it's only going to get warmer. TORSTAR NEWS SERVICE FILE

ON THE RISE

The mean September temperature in 2015 was 20 C, up from 16.3 C in 2006 and 17 C in 2010, according to Government of Canada data.

And it's a trend. From 2000 to 2009, there were 20 days of over-30 C temperatures, but by 2040-2049 there's expected to be around 66 days, according to the city.

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Setting accessibility debate into motion

PUBLIC SPACES

Redesign of 'outdated' symbol puts people first

Luke Simcoe
Metro | Toronto

Jonathan Silver is trying to make Toronto more accessible, one sticker at a time.

Silver, who previously distributed stickers that replace the "litter" sign on city garbage bins with the word "landfill," has turned his attention to issues of accessibility.

He's made hundreds of decals with a revamped version of the classic wheelchair logo used to mark accessible entrances or parking spots. He'll be distributing them for free Sept. 24 at the Centre for Social Innovation.

The existing symbol, known as the International Symbol of Access (ISA), has been criticized for being too static and for emphasizing the wheelchair rather than the person in it. The new symbol — designed by the Accessible Icon Project in the U.S. — shows a person pushing a wheelchair forward.

"The old symbol indicates we should identify people with disabilities as people who can't move or need help. The new one gets us to see the person before the wheelchair. We see them first and foremost as people. And they're moving," Silver said.

"It's empowering."

Silver stops short of suggesting people should apply the stickers to city or provincial property — doing so violates municipal bylaws — but said he has already seen them on parking signs and TTC stops.

Toronto's Jonathan Silver has created stickers with a revamped and more dynamic version of the International Symbol for Access. He's hoping the stickers will spark a conversation about how the existing symbol is "outdated." EDUARDO LIMA/METRO

> The new one gets us to see the person before the wheelchair. We see them first and foremost as people. Jonathan Silver

Luke Anderson, founder of the Stop Gap initiative, which adds accessible ramps to businesses and buildings in the city, praised Silver's work.

"We need to start recognizing people for what they can do, not what they can't do. This kind of people-first imagery and language is important to crafting a society where people are empowered to reach their full potential," he said.

While the state of New York as well as the City of Nanaimo in British Columbia, have officially adopted the new accessible logo, it's unlikely Toronto will follow suit.

The Ontario Building Code, which Toronto adheres to, requires the existing symbol be used, and the new logo has not been adopted by the International Organization for Standardization, which oversees international symbols.

For more information, visit jonathansilver.ca/access4all.html.

YORKVILLE

Craft Ontario on the move to Queen West

One of Toronto's premier craft shops is on the move.

Yorkville has been home to Craft Ontario's retail shop since the neighbourhood was ground zero of the city's hippie movement in the '60s and '70s.

But the laidback era of Neil Young and Joni Mitchell playing tiny Cumberland St. cafés filled with pot smoke is long gone.

So with yet another rent increase looming, Craft Ontario is moving on in search of the bohemian customer base that's sustained it for almost 85 years. It's no surprise the organization is headed for Queen St. West.

"On Queen, the whole community is just really culturally connected," said Craft Ontario CEO Emma Quin.

> On Queen, the whole community is just really culturally connected. Emma Quin

"We're trying to take crafting and make people see it in alignment with other values and esthetics — things like local food and craft beer, and away from the sort of mass-produced culture," she said.

"The audience on Queen seems to be one that would welcome that."

Quin said foot traffic and sales have been declining in Yorkville as the local community changes.

"I think there are a lot of people who live in Yorkville but don't spend a lot of time shopping in Yorkville," she said.

Craft Ontario doesn't just sell the fruits of Ontario craft makers. The Inuit and Native art gallery that shares the space is the oldest in the city to carry famous Cape Dorset prints and Inuit stone carvings, according to gallery director Blandina Makkik.

Makkik — who was born and raised in Igloolik, Nunavut — said customers have been increasingly interested not only in the artwork, but also the culture behind it.

"One woman came in, and said, 'I feel this work belongs to me as a Canadian. It's part of our identity and our history. It's not Inuit or Anishinaabe — it's Canadian,'" Makkik said.

"I was very proud of that. It's showing you that it's not just a niche market. It's part of Canadian tradition," she said.

The shop's new home will be located at 1106 Queen St. W. near Queen and Ossington. It will be open Oct. 1.

TORSTAR NEWS SERVICE

Emma Quin, the CEO of Craft Ontario, poses for a portrait in the Craft Ontario retail store. JESSE WINTER/TORSTAR NEWS SERVICE

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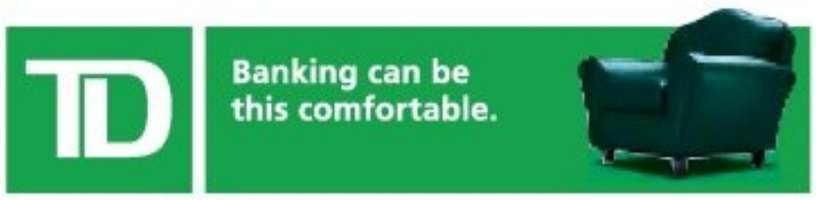

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The Bloor-Danforth viaduct was turned into a playground for pedestrians and families Sunday as part of Open Streets Toronto. EDUARDO LIMA/METRO

Showing 'streets belong to people, not to cars'

TRANSPORTATION

Expanded Open Streets aims to open minds on road use

Gilbert Ngabo
Metro | Toronto

A common theme emerged Sunday as pedestrians, children and cyclists strolled, rolled or played along car-free sections on Bloor Street, the Danforth and Yonge: Torontonians want more Open Streets.

"I lived in Glasgow, Scotland, for a while, and every weekend they had some of the streets pedestrian only. It was great," said Colin Rivers, a resident of the Danforth-Broadview area, where the Open Streets festival took place for the first time this year.

His two daughters Natsuki, 9, and Akane, 6, were able to bike the entire width of the Danforth for the first time ever, even getting their bikes checked and tires pumped up for free at a pop-up bike repair shop.

"That's my dream. To see Toronto open up more streets to people more often," Rivers said.

The Rivers were among thousands of locals who enjoyed the car-free Sunday event, now in its third year. Each year since its debut in 2014, the festival has expanded, and organizers say the demand continues to grow.

3
The event is now in its third year.

Stretching the program over the Bloor viaduct onto the Danforth and all the way to Dufferin Street is a sign of progress, but it's nowhere near as large as open street events in other cities, said program co-chair Emily Munroe.

Bogota, Colombia and Guadalajara in Mexico, for instance, close more than a hundred kilometres of roads to cars every Sunday and every holiday.

"We imagine expanding into different neighbourhoods and increasing the dates as well," she said, noting people's perceptions of their roads change when they see them opened up to other activities than just traffic.

"It's something very symbolic for the city, to show that the streets belong to people, not to cars."

METRO ASKS

What can make OpenStreetsTO better next year?

PHOTOS: EDUARDO LIMA/METRO

Two days is not enough. Let's at least double it for four days. That would be better. When people are active and walking around, they're also friendlier I think.
Cliff Campbell, year-round unicyclist

I love the Danforth, and it's great to see it in the open concept. They should go even further east. Right now it feels like the street is just for the people in the neighbourhood, which is nice.
Faisal Butt & Lucy Eveleigh

There should definitely be more streets that are accessible this way. On the weekends, the streets aren't busy anyway. And maybe in the long term there should be more streets that become pedestrian and cycling ways permanently.
John Gibson, bike repair shop owner

Open Streets is awesome. I'm glad it's bigger now, because it used to be a lot shorter and early in the morning. I'd love to see like the whole downtown core shut down, so that a lot more people could know about it.
Nick Marshall, member of Hogtown Band

ENVIRONMENT

Inhale project maps air pollution hot spots around the city

Luke Simcoe
Metro | Toronto

The Toronto Environmental Alliance is seeking more "citizen scientists" to help them monitor air pollution in the city.

TEA's Inhale project puts air monitoring equipment into the hands of everyday Torontonians. By carrying the monitors with them — or attaching them to bicycles — volunteers help track air quality in their neighbourhoods.

The findings are then charted on an online map at inhalemap.com.

"It's about making air pollution more visible to people," said TEA's campaigns director Heather Marshall.

Air pollution, also known as particulate matter, is linked to a number of health problems, including respiratory illnesses and cancer.

While air quality is tracked at the macro level, Marshall says there's little information about how much particulate matter is present locally, from neighbourhood to neighbourhood or even street by street.

Marshall said TEA's equipment can pick up air pollution spikes from sources ranging from construction sites to idling cars, and even groups of people smoking.

The program started two years ago, but TEA is looking for more volunteers to help chart new areas of the city.

Volunteer Diana Kouril has been monitoring the air in her CityPlace neighbourhood since May. She says seeing the patterns of pollution near her home has changed her perception of pollution.

"I often would think about car pollution as being a top reason for smog and poor air quality in the Toronto," she said. "But when I would bike around construction sites I was surprised to see spikes in air quality readings."

Marshall says the data will be used to make suggestions to the city for addressing air pollution, including investing in public transit or reducing the amount of dust created by construction.

Interested volunteers are required to take a 45-minute training course. More information can be found at inhaleproject.ca.

The Toronto Environmental Alliance says its air quality monitoring devices are easy to use, and can be attached to a typical bicycle. COURTESY TORONTO ENVIRONMENTAL ALLIANCE

HEADLINE

COFFEE

For the love of Sumatra

Big, bold notes from a small Indonesian island

Shiny red cherries pop among the abundant green berries on trees along the slope of a lush mountainside rainforest in Sumatra. The climate is hot and extremely humid, with monstrous flowers (Rafflesia arnoldii), myrtles, orchids and Sumatran pine the dominant vegetation. On a typically tiny plantation not far from Lake Toba, the largest volcanic lake on earth, farmers handpick their brightly hued harvest. It's hard graft in the sapping mugginess – work that's been done here for generations. And it's the first step on the journey to make one of the world's best coffees.

Bean there

The country's 3,200-mile archipelago has more than 13,000 islands and 100+ active volcanoes. And, crucial for coffee lovers the world over, its fertile soils, abundant rainfall and high temperatures are ideal for a wide variety of coffee beans.

Sumatra is one of the country's five main islands. From the central part of northern Sumatra, in particular, comes a wonderful, very intense coffee. In the cup the coffee possesses a heavy, full body, concentrated spicy, earthy, and robust taste with an herbal aroma – all with incredibly low acidity.

"The elevation in which coffee is grown at has a profound effect on taste," says Eric Shabsove, president of Mountain View Coffee, a Canadian wholesale food distributor and coffee roaster. "Altitudes over 1,200 metres provide the best growing conditions for coffee. These altitudes provide the right amount of rainfall and the richest soils."

The wet way

Central to this Sumatran bean's unique characteristic is a preferred processing method – wet-hulling. This process sees the bright red cherries picked from small farms and sent to a local processing plant where they are pulped, which means that the beans are run through a hand-crank drum (with a surface not unlike a cheese grater) that peels off the skin of the fruit. Workers will then ferment the coffee in any number of ways – either in a polypropylene bag, a plastic tub, or a concrete tank – to get the fruit layer (mucilage) to break down. After overnight fermentation, the mucilage can be washed off, and what's left is wet parchment coffee – the green bean inside the parchment layer that encompasses it, still swollen with water.

"Processing matters in really fundamental ways," says Shabsove. "A coffee bean grown in Sumatra and processed through wet-hulling will taste remarkably different than the same kind of bean grown in Sumatra and put through the entirely different process of having the fruit stripped from the bean and the bean dried on a patio over enough time to reduce its moisture content."

At this point, the coffee is sun-dried on outdoor concrete patios for two weeks until the internal moisture levels reach the right percentage – usually around 11 percent. The beans are then packed in 60-kg burlap bags ready to make the trip to warehouses, near and far, for roasting.

Welcome to Canada

"I really love the look of the raw green coffee beans when they arrive in our warehouse," says Shabsove. "They have a wild-looking appearance with a greenish, aqua-blue tone to them."

Mountain Views' facility boasts a large volume two-stage drum roaster. The oven or furnace is separated from the roasting drum preventing the coffee from coming in direct contact with the gas flame. This creates a consistently even roast throughout the entire batch.

For some coffee drinkers in Canada, the bold taste of this Sumatran coffee is worth savoring for many reasons.

"A colleague who was born and grew up in Aceh, in the westernmost province in Sumatra, once told me that Sumatra coffee is not only a product, but represents the culture as well," says Sita Nurfitriani, consul for economic affairs at the Consulate General of the Republic of Indonesia in Canada. "Having Sumatra coffee in Canada reminds him of everyday life back in Aceh. He wishes that, through coffee, we can share our rich culture with Canadians and people all around the world.

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Car fixation has to go: Councillor

NORTH YORK

Suburbs not yet safe terrain for cyclists

Gilbert Ngabo
Metro | Toronto

The lack of bike lanes in North York force some cyclists onto the sidewalk. TORSTAR NEWS SERVICE

If Coun. Maria Augimeri had her way, there would be bike lanes on every street in North York.

"It's about time. This is the 21st century. We should get moving by bikes," said the Ward 9 councillor.

She has a trio of proposals in the pipeline aiming to close what she calls "the cycling gap" in the suburban areas of the city.

Earlier this month the North York community council approved her motion to study the possibility of installing bike lanes on Dovehouse Avenue. The same proposal would also extend the existing bike lanes on Sentinel Road.

Augimeri also successfully moved a proposal for a bike path bridge that would connect Downsview Park to the Ancaster community. Currently there's no access between the two, and residents have to go around Allen Road or Keele Street to get to the park.

Lastly, she wants to explore options for bike lanes along Wilson Avenue, as requested by members of the local BIA.

North York, just like many other areas outside of the downtown core, hasn't concentrated on building bike lanes in the past, said Augimeri. With the city's current 10-year bicycle plan, that should change.

"We need to change the mindset of people in the suburbs. Get them out of their cars as much as possible," she said.

That starts with making alternative modes of transportation more viable and safe, which is currently not the case, Augimeri says.

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MAPPED
TORONTO'S DEADLY STREETS
Pedestrian traffic fatalities in 2016

NEW FATALITY
St Regis Crescent & Tuscan Gate
Fri. Sept. 16 - An 82-year-old man in a wheelchair was struck by a truck driver backing out of a driveway on Tuscan Gate. The victim was pronounced dead at the scene.

29 Finch Avenue E. & Skymark Drive
Fri. Aug. 19 - According to police, an 80-year-old man was hit and killed.

28 Gerrard & George
Mon. Aug. 15 - A pedestrian was killed in a hit-and-run at about 6 p.m.

27 Highway 427 at Dixon Road
Fri. Aug. 12 - A 69-year-old man was hit and killed by a passing car.

26 Finch Avenue W. & Talbot Road
Fri. Aug. 5 - A pedestrian was hit by a car at about 12:30 p.m.

25 Kingston Road & Saunders Road
Fri. July 29 - Two pedestrians were struck. One victim died in hospital.

24 Parliament Street & Shuter Street
Thurs. July 28 - An 82-year-old man was hit by a truck.

23 Islington Avenue & Albion Road
Tues. July 5 - A 55-year-old man was hit by a driver.

22 740 Dupont St.
Tues. July 5 - A 71-year-old cyclist died after swerving to avoid a left-turning van.

21 Kipling Avenue & Brookmere Road
Mon. July 4 - A 73-year-old man was hit by a van.

20 Dynevor Road & Eglinton Avenue W.
Wed. June 22 - A man in his 60s was hit by a driver.

19 St Clair Avenue E. & Danforth Road
Fri. June 17 - A 21-year-old woman was hit by a van.

18 McCowan Road & Lawrence Avenue E.
Wed. June 15 - A man in his 60s was struck and killed.

17 Bremner Boulevard & Spadina Avenue
Tues. May 14 - A 38-year-old woman was killed.

16 Avenue Road & Felbrigg Avenue
Sun. May 1 - An elderly man was found without vital signs.

15 Eglinton Avenue E. & Beachell Street
Mon. April 25 - A 62-year-old man was struck and killed.

14 Victoria Park Avenue & Patrick Boulevard
Fri. April 22 - A 58-year-old woman was killed.

13 Markham Road & Nashdene Road
Thurs. March 31 - A 56-year-old woman was killed.

12 Finch Avenue E. & Skymark Drive
Tues. March 29 - A 76-year-old woman was killed.

11 333 King St E.
Tues. March 22 - A 79-year-old woman was killed.

10 Queen Street E. & Jarvis Street
Fri. March 4 - A woman in her 40s was killed.

9 MacDonnell Avenue & Queen Street W.
Thurs. Feb. 18 - A 70-year-old man was killed.

8 Dawes Road & Secord Avenue
Thurs. Feb. 18 - A 74-year-old woman was killed.

7 Finch Avenue W. & Tobermory Drive
Sat. Feb. 13 - A 72-year-old woman was killed.

6 Wedgewood Drive & Tobruk Crescent
Wed. Feb. 10 - An 84-year-old man was killed.

5 Dufferin Street & Armstrong Avenue
Sat. Jan. 30 - A 90-year-old woman was killed.

4 Dundas Street W. & Poplar Avenue
Thurs. Jan 28 - A 49-year-old woman was killed.

3 Sheppard Avenue E. & Chichester Place
Sun. Jan. 17 - A 79-year-old man was killed.

2 Bayview Avenue & Eglinton Avenue E.
Fri. Jan. 15 - An 85-year-old woman was killed.

1 Kennedy Road & Ellesmere Road
Sun. Jan. 3 - A 39-year-old man was killed.

TEXT: METRO
GRAPHIC: ANDRES PLANA/METRO

KING AND SPADINA

Collision lands female pedestrian in hospital

A female pedestrian was rushed to hospital with serious injuries after being struck by a vehicle downtown early Sunday morning.

The incident occurred near King Street and Spadina Avenue. Paramedics said they were called to the scene at around 4:30 a.m.

Police have not revealed any information on circumstances surrounding the incident.

TORSTAR NEWS SERVICE

Uber mapping Toronto

TECHNOLOGY

Goal is to find best pickup, dropoff spots

Ridesharing company Uber is dispatching 65 mapping vehicles across the Greater Toronto Area to pinpoint the best pickup and dropoff spots.

Too often, a passenger might wander out to the street, wondering where specifically to look for the Uber vehicle.

"We really need to figure out from every location ... what is the best area where they should stand to get picked up," said Manik Gupta, Uber's head of mapping products, from San Francisco.

Even though many GPS services exist as well as Google Maps, none of these services would provide that intricate level of data, he said.

When the mapping plan was first announced in July, the Financial Times reported the company was investing $500 million. Toronto is the second Canadian city to undergo mapping. Edmonton was the first.

The mapping is aimed at UberPool, a service that allows two riders heading in the same direction to share the cost of the fare; a passenger already in the vehicle can easily be frustrated by time wasted trying to find the other rider.

"Our cars are going to go out and collect imagery of many areas in Toronto, and identify the best pick-up area for each intersection, or each building," Gupta said, adding the images will not be published.

Uber has no plans to set up formal sign locations like bus stops, but could use "a marker," a coloured bubble on the map, to make it easier for drivers and riders to find each other.

TORSTAR NEWS SERVICE

Uber is launching a mapping service, with 65 vehicles in Toronto to do the job here, to get more accurate information.
CONTRIBUTED

POVERTY

Age of food bank clients changing

The face of hunger in Toronto is growing older.

Adults over age 45 are the fastest growing group of food bank users in the city, making up more than one-third of 905,970 visits in 2015-16, according to the Daily Bread Food Bank.

A decade ago, older adults made up just over one-quarter of food bank users, but today they account for 35 per cent.

Meanwhile, the opposite has happened for children under 18, who represented 34 per cent of food bank clients in 2006. That's fallen to 29 per cent, says Who's Hungry, the food bank's annual report.

"One of the biggest demographic shifts observed in those accessing food banks in Toronto is the reversal of age groups at opposite ends of the age spectrum," says the report. "While large strides have been made in the last 10 years in income support for children, there has been little done for a large cohort of older adults, especially single people, who have lost their jobs after the recession."

Stagnant welfare rates mean those who have lost jobs or have become disabled are struggling to keep up with the rising cost of living in the city, says the report's author, Richard Matern.

Michael Moroz, 60, outside the Daily Bread Food Bank warehouse. TORSTAR NEWS SERVICE

Former CN rail conductor Michael Moroz, 60, is one example. In 2014, Moroz moved into a subsidized apartment in an Etobicoke seniors building. But the $770 in monthly benefits he receives from the Ontario Disability Support Program doesn't leave much for food after he pays his rent, utilities and debts.

"I always thought about the stigma around using a food bank and said it was not for me," he says. But after he began volunteering at Daily Bread's Etobicoke warehouse, he realized he wasn't alone.

"I share the same emotions of most people here," he says. "They are embarrassed, but grateful as hell." TORSTAR NEWS SERVICE

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Team maps lost shipwrecks

ST. LAWRENCE RIVER

Recreational divers record lesser-known discoveries

A team of divers and archaeologists work to document the presumed wreck of the Sainte-Anne.
MATHIEU MERCIER GINGRAS/THE CANADIAN PRESS

While Sir John Franklin's doomed search for the Northwest Passage looms large in the Canadian consciousness, thousands of other shipwrecks lie in obscurity at the bottom of the country's waterways.

The Arctic Research Foundation recently announced the discovery of HMS Terror during the latest in a series of high-profile expeditions that also led to the discovery of Franklin's other ship, HMS Erebus, in 2014.

But as the country celebrates the apparent end to an enduring Arctic mystery, a team in Quebec has been quietly trying to put a name to at least some of the lesser-known shipwrecks in the St. Lawrence River.

The project, which is coordinated by the Universite de Montreal and the Archeo-Mamu Cote-Nord archeology association, seeks to document the shipwrecks along the northern coast of the river with the help of local recreational divers.

The project's main archeologist says the provincial government has only a fraction of the river's shipwrecks on record.

"At the level of the (Quebec) Culture Department, there are between 80 and 100 that are documented, but I think there are more than 1,000 left to find," Vincent Delmas said. "There's a lot of work still to do."

He says the St. Lawrence was once an autoroute where ships carrying goods to and from Europe succumbed to ice, storms and the many rocks and reefs lurking just below the surface.

Delmas says parts of the river's north shore were also rich in iron, which could interfere with ship's compasses, creating a "Bermuda Triangle"-like effect.

Recently, the team has been working to identify a wreck believed to be that of the Sainte-Anne, a merchant ship that went down in 1704 while carrying a load of furs destined for the French Antilles.

Although the wreck's location, near a small town now called Pointe-Lebel, has been informally known for decades, the team is analyzing wood samples taken from the ship to verify its age and origin and hopefully confirm its identity.

It also hopes to dive for the remnants of the fleet of Admiral Hovenden Walker, whose mission to attack Quebec on behalf of the British crown failed after eight of his ships sank in 1711 near what is now known as Pointe-aux-Anglais.

Although the location of most of the Walker fleet is known, Delmas says the team would like to bring "scientific rigour" to the process by pinpointing the ships' exact locations with GPS and by examining the artifacts.

THE CANADIAN PRESS

Morses Line in rural Quebec.
TORSTAR NEWS SERVICE

Border crossing shakeup

Morses Line is one of those places where the Canada-U.S. border is truly just an artificial stop on a country road.

In the late 1800s, it was a literal line established by a distant government that was crossed by villagers from the province of Quebec and the state of Vermont going about their business.

It has developed, but remains today as one of the smallest, most remote of the 117 crossing points along the 5,000-kilometre Canada-U.S. land border — one where populations on both sides share names, blood and a French mother tongue.

But after surviving threats of closure in Washington and absorbing budget cuts ordered by Ottawa, Morses Line has become ground zero for what could be the future of border management.

Where there was once a bucolic, white building welcoming people to Canadian soil and a century house next door that the head agent called home, now there is a state-of-the-art security structure loaded with cameras and defended by a guard located 700 kilometres away in Hamilton.

The Remote Traveller Processing program has been underway since February but the Canada Border Services Agency already has plans for similar operations at 19 other points-of-entry across the country if the program is deemed a success.

TORSTAR NEWS SERVICE

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OTTAWA

Rewriting our national heritage

Emma Jackson
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Let the feds decide if Chateau Laurier's expansion is a good fit for the capital, a local architect says.

Barry Padolsky, who sits on the city's built heritage sub-committee and has worked on revamps at the Museum of Nature and the National Arts Centre, said the hotel's owners should "voluntarily bind themselves" to the government's own heritage review process, even though they don't have to.

"It will attract the wisdom of the National Capital Commission, Parks Canada and the city to really scrutinize the proposal," Padolsky said. "If it does not measure up … it will have to change."

Hotel owner Larco Investments unveiled plans last week to add a contemporary, five-storey glass and limestone extension to the national historic site, beside Major's Hill Park. Public backlash to the project was swift.

Padolsky said submitting their plans to Parks Canada's heritage review office would be a "gesture of responsibility," given the hotel is the only privately-owned property in the parliamentary precinct west of Mackenzie Avenue.

Downturn forcing people to give up their beloved pets

Surrender never comes easily.

An animal information card at the Calgary Humane Society identifies the temporary resident inside as a grey-and-white kitten named "Marilyn" who has been there since June 26.

"I am an owner surrender," reads a note in a section called "A little about me."

Many Calgarians, already dealing with layoffs, economic uncertainty and the potential loss of their homes, are now having to give up their best friends.

The Calgary Humane Society says it has noticed a jump in the number of pets being reluctantly being turned in by their owners since the economic downturn started in 2015.

There were 1,500 pets surrendered to the society between Jan. 1 and Aug. 31, 2014. That number ballooned to 1,673 in the same period last year and sits at 1,635 so far this year, but there's also been a huge jump in the number of strays being picked up.

A humane society official says it's gut-wrenching for those who have to give up a member of the family. THE CANADIAN PRESS

Explosion still unexplained

NEW YORK CITY

Investigation into blast that injured 29 in Manhattan

Crime scene investigators work at the scene of an explosion in Manhattan's Chelsea neighborhood. CRAIG RUTTLE/THE ASSOCIATED PRESS

The bomb that rocked a New York City neighbourhood known for its vibrant arts scene and large gay community contained residue of an explosive often used for target practice that can be picked up in many sporting goods stores, a federal law enforcement official said Sunday, as authorities tried to unravel who planted the device and why.

The discovery of Tannerite in materials recovered from the Saturday night explosion that injured 29 people may be important as authorities probe whether the blast was connected to an unexploded pressure-cooker device found by state troopers just blocks away, as well as a pipe bomb blast in a New Jersey shore town.

Gov. Andrew Cuomo, touring the site of the blast in Manhattan's Chelsea neighbourhood, said there didn't appear to be any link to international terrorism. He said the second device appeared "similar in design" to the first, but did not provide details.

"We're going to be very careful and patient to get to the full truth here," New York's mayor, Bill de Blasio said Sunday. "We have more work to do to be able to say what kind of motivation was behind this. Was it a political motivation? A personal motivation? What was it? We do not know that yet."

Cellphones were discovered at the site of both bombings, but no Tannerite residue was identified in the New Jersey bomb remnants, in which a black powder was detected, said the official, who spoke to The Associated Press on condition of anonymity.

Officials haven't revealed any details about the makeup of the pressure-cooker device, except to say it had wires and a cellphone attached to it. It was destroyed in a controlled explosion.

Technicians in Quantico, Virginia, were examining evidence from the Manhattan bombing, described by witnesses as a deafening blast that shattered storefront windows and injured bystanders with shrapnel in the mostly residential neighbourhood on the city's west side. All 29 injured were released from hospital by Sunday afternoon.

The explosion left many rattled in a city that had marked the 15th anniversary of the 9-11 terrorist attacks only a week earlier and where a United Nations meeting to address the refugee crisis in Syria was scheduled on Monday. THE ASSOCIATED PRESS

ATTACKS

Explosion rocks Jersey Shore charity race

Jersey Shore beaches were reopened Sunday as the investigation continued into a pipe bomb explosion at a seaside community before thousands of runners were to participate in a charity 5K race. Officials would not say if they believe the blast was terror-related, but said it didn't appear to be connected to an explosion that rocked a Manhattan neighbourhood Saturday night. THE ASSOCIATED PRESS

Daesh claims Minnesota stabbing attacks

A man in a private security uniform stabbed nine people at a Minnesota shopping mall, reportedly asking one victim if they were Muslim before an officer shot and killed him. Daesh claimed the attack as its own. None of the nine people received life-threatening wounds, St. Cloud police Chief Blair Anderson said. FBI Special Agent-in-Charge Rick Thornton said the attack was being investigated as a possible act of terrorism. THE ASSOCIATED PRESS

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▲ Upgrade Offer is available to qualifying retail customers who cash purchase/finance/lease a select new, in-stock 2016, 2016.5 and 2017 Mazda model from an authorized Mazda dealer in Canada between September 1 – 30, 2016. Amounts vary by model: $500 off all 2016 Mazda3/Mazda3 Sport, all 2017 CX-3, all 2016 and 2016.5 CX-5, all 2016 and 2017 Mazda6, all 2016 and 2017 MX-5 and all 2016 CX-9. Maximum $1,000 available on all 2016 and 2017 Mazda6 and all 2016 CX-3 models. Upgrade Offer will be deducted from the negotiated price after taxes. Offer cannot be combined with Loyalty offer. See dealer for complete details.
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UN meeting to focus on refugees and Syria

MIGRANT CRISIS

Ambassador says she knows 'there's a lot of fear out there'

A man carries a girl as they arrive with other migrants after crossing from Turkey to the Greek island of Kos. THE ASSOCIATED PRESS

World leaders meeting at the United Nations starting Monday will be trying to make progress on two intractable problems at the top of the global agenda — the biggest refugee crisis since World War II and the Syrian conflict now in its sixth year which has claimed over 300,000 lives.

Against a backdrop of rising ethnic and religious tension, fighting elsewhere in the Mideast and Africa, extremist attacks across the world and a warming planet, there are plenty of other issues for the 135 heads of state and government and more than 50 ministers expected to attend to try to tackle.

"It's no secret there's a lot of fear out there," U.S. Ambassador Samantha Power said Thursday, citing the uncertainties sparked by Britain's vote to leave the European Union, the threat posed by Daesh, and attacks in many parts of the world by extremists.

But Syria, where a tense ceasefire brokered by Moscow and Washington went into effect last Monday, remains at the top of the agenda.

The spotlight will also shine on three leaders, who are all scheduled to speak at the assembly's opening session on Tuesday. UN Secretary-General Ban Ki-moon who steps down on Dec. 31, and U.S. President Barack Obama who will leave office in January, will be addressing the world body for the last time. And British Prime Minister Theresa May will be making her debut on the world stage. THE ASSOCIATED PRESS

Highlights from Trudeau's maiden speech to the United Nations

Justin Trudeau will use his first speech to the UN General Assembly to present his brand of economics as an antidote to the angry nationalist politics flaring up on different continents.

The PM intends to state his case to the convention hall that government policies geared toward broad-based prosperity make for more hopeful societies.

He's making that speech in a year where popular resentment has led to Britain leaving the European Union; Donald Trump contending for the U.S. presidency; and fringe nationalist parties increasingly competitive in European elections.

A common theme for these movements is blaming foreign forces for the struggles of domestic workers.

Trudeau intends to argue that governments can apply some preventive medicine in the form of policies aimed at the working class. A spokesman cited as examples his government's deficit-financed infrastructure spending and its parental benefit of up to $6,400 per child.

THE CANADIAN PRESS

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THE QUESTION
Is my friend squandering a shot at true love?

Dear Ellen,

My friend met a guy last year at GoodLife Fitness. Since that day she can't stop thinking about him. They have spoken briefly a few times, but she does not want him to know how she feels. If only he could read her eyes and mind! She believes that it is just a crush and it will eventually fade away. One year later, her feelings have not changed.

Can a crush last this long? Or is it love?

Solicitous Friend

Dear Solicitous,

I have two pieces of advice — one for you, and one for your friend, whom I'll call Reluctant Lover. I'll start with her.

Dear Reluctant,

In the grand tradition of giving advice I was too stupid to take myself for most of my life, and assuming you are truly interested in this guy, I will tell you to get off your well-toned butt and make a move!

I don't mean you should run over and start towelling him down while he's still on the bench press. That would be intrusive, for starters, and extra-annoying if he's trying to keep track of his heart rate or number of reps or whatever it is you people do in those places.

Furthermore, if he's not interested in you, it will be awkward for both of you every time you find yourselves in the gym together in future.

But you can arrange to cross paths with him at some point, and exchange more than a few words, being careful to do it in a manner that allows him to decline without feeling as if he's rejecting you, breaking your heart and destroying your life forever. Think up something you'd say to a casual acquaintance. ("Hey, I like your T-shirt, how 'bout those Jays?" or "I see you're wearing curling shoes, you get out on the ice much?") Maybe your friend Solicitous can help with the actual dialogue.

That's all you need to do — open the door to more contact and see if he walks through.

There are two possible outcomes. One is he will take the hint, and things will move forward. The other is that he gives you nothing. You may speculate all you like about his reasons (he's just not attracted to you, he's married, he's really into you but he's too shy to do anything). It doesn't matter. It's not gonna happen. Your pride may be hurt, but at least now you know the score and can move on. Good luck with either scenario.

Dear Solicitous,

You sound extremely invested in this situation, which means one of two things: you are either a loyal pal who can tell your friend is hiding her true feelings and suffering for it, or you are a nosy drama queen dying to stir things up. Actually, those two things are not mutually exclusive.

You may share my sensible advice with your friend, but after that: back off. What she does or doesn't do is her business. And whether it's a crush or love, sometimes people are just as well off — sometimes better off — with the fantasy, which can last much longer and be much more controllable and fun than a real-life relationship that wasn't meant to be.

Need advice?
Email Ellen:
scene@metronews.ca

Pennant races: When generation gaps narrow

Tim Harper

The summer my father was dying, I called him and we had what turned out to be our final chat.

He was strangely energized. He had but one thing on his mind. He had to replay, in minute detail, the epic game between his San Francisco Giants and the Oakland A's the night before.

There was a pennant race on, after all.

There had been no game between the Giants and the A's the night before, and that pennant battle played only in my father's head. That's when I realized I had lost him.

Pennant races have changed over the years and my father would not recognize the two wild-card spots up for grabs as the Blue Jays enter the season's final days. But pennant races have been the glue in the Harper family for three generations.

My father was a devotee of the Giants of yore. His Septembers were filled with Willie Mays, Willie McCovey, Juan Marichal and that stalwart, Jim Davenport, who lacked the same star power as that trio, but whose uniform was always dirty, betraying the effort and workmanship my father admired in his baseball heroes.

His love was passed to me, at old Toronto Maple Leaf Sunday doubleheaders on the Lakeshore or Sunday morning pilgrimages to downtown Hamilton where we would pick up the Buffalo Courier-Express. Over breakfast, we would devour box scores, a weekend treat because the Toronto papers then published only the line scores.

And now my daughter sits in Cambridge, Mass., deep in the heart of evil Red Sox country, live-streaming every pitch of the Blue Jays journey.

We text back and forth during games. We celebrate home runs and lament missed cut-off throws. She wants to know why John Gibbons would pitch to a left-hander with first base open and we rejoice when we learn of the return of a backup catcher, the type of transaction that can only cause such jubilation during a pennant race.

At the stadium she launches Pitch Tracks on her phone to challenge calls from the home-plate umpire and she will be there at Fenway on the final weekend of the season, part of a group defiantly wearing their Blue Jays jerseys come hell or pennant-clinching.

The final weeks will be painful. There will be irrational ups and downs, scoreboard cursing and times when it is almost too hard to look.

More often than not, this is the month when dreams die and winter's harsh reality appears suddenly at the door.

But it's futile to try to get the pennant race out of your blood. And after years of meaningless Septembers here, one truism remains — it is better to have played for the pennant and lost than never to have played at all.

Tim Harper is a former columnist for the Toronto Star.

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Research Project on the History of Unbelief

VOLUNTEERS needed for a research project on the history of unbelief in Canada. I am an Associate Professor at Thompson Rivers University in Kamloops, BC, and am seeking to interview Canadians (born in 1960 or earlier; living in the Toronto area) who identified as unbelievers, atheists, agnostics, and/or secular humanists at any point between 1950-1979, and/or those who drifted from religious belief during that time. This project is funded by the Social Sciences and Humanities Research Council of Canada, and has been approved by the TRU Research Ethics Board. If you are interested in participating, or would like further information, please contact Dr. Tina Block at tblock@tru.ca or call: (250) 828-5329

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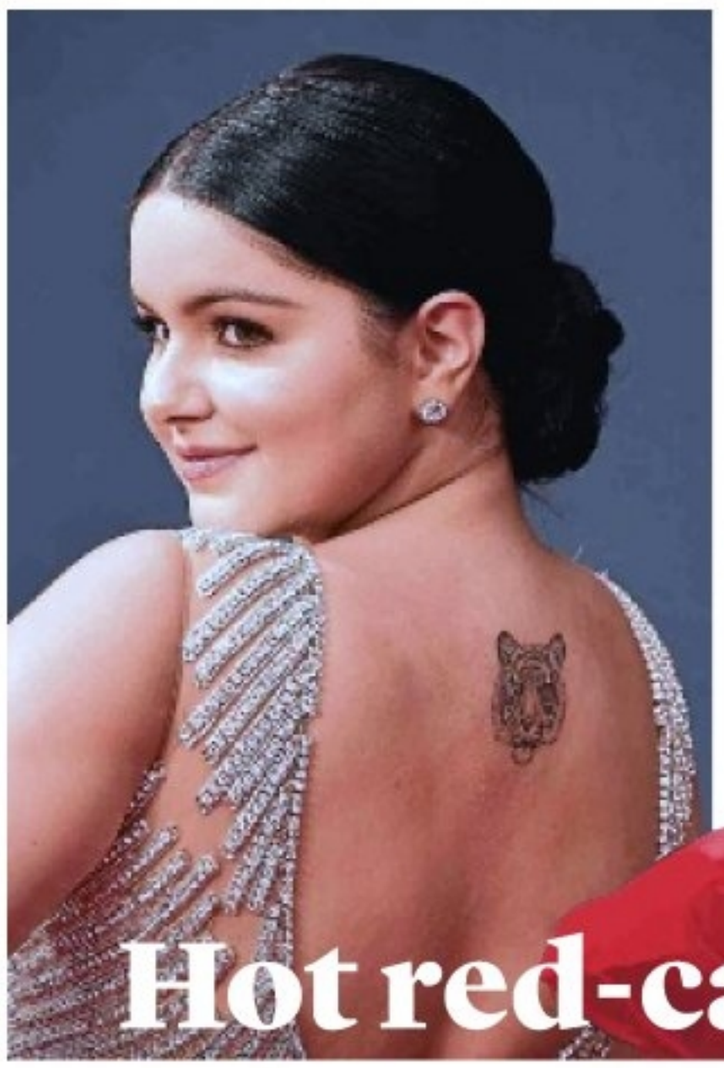

Hot red-carpet looks

Politics at the Emmys

Transparent creator Jill Soloway says Republican presidential nominee Donald Trump is "one of the most dangerous monsters," comparing him to Hitler.

Soloway made the comment speaking to reporters backstage at the Emmys after winning the best director prize. She said, "Any moment that I have to call Trump out for being an heir to Hitler, I will."

During its second season Transparent related the current state of transgender people to the situation facing Jews in Nazi Germany before the Holocaust.

Soloway said Sunday that Trump, like Hitler, has "otherized" people to gain political power, including, disabled people, Muslims, Mexican-Americans and women who don't "look like beauty pageant contestants."

Julia Louis-Dreyfus of Veep received a record-breaking sixth Emmy Award as best comedy series actress, using her victory to also take a dig at Trump in a ceremony loaded with election-year asides.

"I'd also like to take this opportunity to apologize for the current political climate," she said. "I think that Veep has torn down the wall between comedy and politics. Our show started out as a political satire but it now feels like a sobering documentary." THE ASSOCIATED PRESS

1 Actress Ariel Winter of Modern Family shows off her back tattoo at the 68th Annual Primetime Emmy Awards in Los Angeles on Sunday. Fashion mags were quick to point out Kylie Jenner was seen wearing the same dress, a Yousef AlJasmi design, a few days earlier.

2 Fans can't get enough of **the super talented Stranger Things kids** — actors Gaten Matarazzo, Caleb McLaughlin and Millie Bobby Brown walked their first-ever red carpet together, and later performed Bruno Mars' Uptown Funk for the audience.

3 Priyanka Chopra, who stars in the terrorism drama Quantico, **did not get a nomination** but that did not stop her from twirling in a red Jason Wu gown before she was set to present.

4 Actress Emily Ratajkowski stunned in a Zac Posen mermaid dress, and she also held hands with the designer himself, who was her date for the night.

5 Emily Robinson, 17, is emerging as a style icon to watch, wearing a yellow Carolina Herrera dress. Her show Transparent was nominated for outstanding comedy series and was up against Black-ish, Master of None, Modern Family, Silicon Valley, Unbreakable Kimmy Schmidt and Veep. **For a full list of Emmys winners, visit metronews.ca**

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ART

So who is Banksy? Maybe we all are...

Who is Banksy?

For a quarter-century, that question has haunted the art world and fans of the street artist known for making wry political comment with a spray can. His art has been collected by everyone from Christina Aguilera to Angelina Jolie to noted art galleries, and sells for hundreds of thousands of dollars.

Not unlike the Bryan Singer film The Usual Suspects and its elusive fictional character Keyser Söze, trying to identify the real Banksy has become serious sport. But trying to pinpoint the man who hung a smiley-face Mona Lisa in the Louvre or set up inflatable dolls dressed as Guantanamo prisoners in Disneyland has frustrated many.

The latest personality to be outed as potentially Banksy is trip-hop dance-band co-founder Robert Del Naja of Massive Attack. But British journalist Craig Williams thinks Del Naja is actually the leader of a group of artists who comprise Banksy.

"What if Banksy isn't the one person everyone thinks he is. What if — akin to the Shakespeare conspiracy theories, Banksy is a group of people who have been stencilling different locations both at home and abroad? Such a rich body of work done over a decade, across the globe, may allow for the suggestion," says Williams in a blog post that is getting traction.

Williams compared the travels of Massive Attack with Banksy art sightings and says the two have to be more than coincidental.

That includes a stint in Toronto in May 2010, when the group played the Sound Academy and three Banksy murals suddenly appeared in the city.

Of course, Del Naja is a graffiti artist himself and has said he is friends with Banksy. But he has denied he is the artist, telling a crowd at a concert in Bristol recently that, "We are all Banksy."

He also told Britain's Daily Mail that "Rumours of my secret identity are greatly exaggerated. . . . It would be a good story but, sadly, not true."

Robert Del Naja, seen in front taking a photo, denies he is street artist Banksy. MAYA HAUTEFEUILLE/AFP/GETTYIMAGES/FILE

This is not the first time that geographic profiling has been used to unmask Banksy. Scientists at Queen Mary University in London also claim to have substantiated who the real Banksy is.

Geographic profiling is used by police to hunt down serial killers. These scientists used it to examine where artworks appear and match them to a suspect.

In this case, the suspect is Bristol native Robin Gunningham, who was already the subject of a Daily Mail investigation.

The study backs up the assertion by the newspaper that Gunningham, an unassuming suburban man, is the real artist.

The scientists used 140 suspected works in London and Bristol, and looked at how they coincided with locations frequented by Gunningham.

Another popular theory put forward by Canadian media artist Chris Healey is that Banksy isn't a man but a woman who leads a team of seven artists

What is assured is that you can rely on the fact the Internet will soon be obsessed with the next potential Banksy.

Maybe Del Naja is right: "We are all Banksy" after all.

TORSTAR NEWS SERVICE

Soon-to-be parents, get ready for baby costs

BUDGETS

A new life on the way means big changes to your own life

Gail Vaz-Oxlade
For Metro Canada

You're about to become a mommy or a daddy. Congrats!

You're bringing a new life into the world, one for which you will be totally responsible. That comes with both enormous joy and a little trepidation.

Once you get over the initial high, you'll have to deal with some mundane questions: Will you have enough to buy what you need for baby? How much income will you have on maternity leave? Will you be able to stay home for the full year? How will you split your mat leave?

Here's what you need to do:

Step 1: Find out how much money you'll receive on maternity leave. If you're using every penny of your income(s) to make ends meet, you've got time to get ready to live on less. How much less?

Well, that depends on whether you'll get a top-up at work or not. If you don't, you may be in for a shock when you find out how little you get from EI. So. Find. Out.

Step 2: Make a budget. With a little foresight and some planning, you can come out of mat leave with your financial life in balance. If your income is going down, it's time to prioritize where you'll spend your money so you don't rack up debt.

Divide your expenses into nice-to-haves and must-haves so you'll know where to trim back first. Eating out, entertainment and random impulsive shopping will come to a grinding halt. With a baby on the way, you've got to be dead sure you can make ends meet, even as you incorporate those new little expenses (about to become big expenses) into your life.

Step 3: Practise living on one income. Don't wait until baby's arrival to put your new budget into action. Start while you're pregnant.

Step 4: Pay off your consumer debt. Yeah, you had your fun. Now you know why it was such a bad idea to put all that crap on credit. Whatever your reason for having consumer debt, get it gone. Negotiate your interest costs down, transfer balances to lower-cost options, get that sucker paid off.

Step 5: Build up your emergency fund. If you're living on one income and you've got another mouth to feed, you can't afford to be cavalier about your emergency fund.

Budgeting — and staying within your means — is the key to handling the financial pressures of a new arrival. ISTOCK

A loss of the primary job at this point would be devastating. So would any unforeseen shift in circumstances. Put an emergency fund in place. Aim for six months' worth of must-have expenses.

Step 6: Decide what you'll need for baby. Check with friends and family for what they found most useful. See who has stuff in storage that you can bum for a while. Don't get suckered into dumb crap like specialty diaper disposal units or wipe warmers.

If you know someone will be throwing you a shower, register for the things you really want. Shop second-hand. And be creative when it comes to doing up baby's room. It doesn't have to cost a fortune, and if you don't have the money, it absolutely shouldn't.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

Rio replay: Germans Laura Ludwig and Kira Walkenhorst, and Brazilians Alison Cerutti and Bruno Oscar Schmidt won gold at the World Tour Finals

Angels knock Blue Jays down a peg

MLB

Toronto loses final 2 games of series to fall behind Orioles

The Toronto Blue Jays are cold but not concerned. They still feel they can make a move in the playoff race.

Mike Trout and Albert Pujols each scored twice, Alex Meyer gave up two hits in five innings for his first career win, and the Los Angeles Angels beat the Blue Jays 4-0 on Sunday afternoon.

The Blue Jays fell out of a tie with Baltimore for the top AL wild-card spot and lead Seattle by one game for the second spot. Toronto has yet to win a series in September, splitting four games with Los Angeles.

"They're all aware of where we're at and nobody likes what's happening right now," Blue Jays manager John Gibbons said. "But we're good enough for some wins. The reality is that if you're good enough, we'll be in. And if we're not, we won't."

Toronto left seven on base and was a combined 1-for-17 with runners in scoring position in the last two games.

"There's not a guy out in that room that's not busting his (butt) trying to come through," Gibbons said. "If it was that easy to hit, more people would be doing it. They're competing, we're just coming up short."

The Angels' Mike Trout is called safe at home against Blue Jays catcher Dioner Navarro in Anaheim, Calif., Sunday. CHRISTINE COTTER/THE ASSOCIATED PRESS

SUNDAY In Anaheim

ANGELS	TORONTO
4	0

Meyer (1-3) struck out a career-best seven and walked three in the longest outing of his career.

"It was awesome, it's something that you think about for a long time," Meyer said. "I don't want to say it gets a monkey off your back, but to be able to get that is pretty special. I can't really put it into words but it was a fun day."

Marcus Stroman (9-9) went six innings, giving up two runs on seven hits, walking two and striking out three.

Stroman allowed runs in the second and fourth innings before Joe Biagini gave up two in the seventh inning.

"They're gutting it out but they're all getting tired," Gibbons said of his pitchers. "They've all got a lot of innings, more innings than most of them have ever had, but I'm proud of those guys."

Already up 2-0, Trout went from first to third on Pujols' single in the seventh and came home on C.J. Cron's sacrifice fly. After Andrelton Simmons walked, Rafael Ortega's flare dropped into shallow left field for a single. Ortega advanced to second on the throw and scored Pujols from third base to cap the scoring.

THE ASSOCIATED PRESS

MLS

Draw propels TFC into the playoffs

SUNDAY At BMO Field

TFC	RED BULLS
3	3

Jozy Altidore scored his second goal of the game in the 86th minute to complete a stirring comeback and lift Toronto FC into the MLS playoffs with a 3-3 tie with the New York Red Bulls on Sunday.

Altidore took a Michael Bradley pass and beat a defender, turning at the edge of the penalty box to fire the ball home. The Toronto forward, who has eight goals in his last nine matches, had scored on a free kick in the 68th minute to pull the home side to within one.

Toronto (13-8-8) trailed 2-0 and 3-1 in the game, played before 24,078 at BMO Field. The Red Bulls (12-9-9) could have booked their post-season pass with a victory.

TFC, which has lost just once in its last 10 games (7-1-2), extended its lead atop the Eastern Conference to two points. Despite the late collapse, the Red Bulls extended their club-record unbeaten streak in league play to 12 games (5-0-7).

Bradley also scored for Toronto.

Bradley Wright-Phillips upped his season goals total to 20 with a pair for New York. The Red Bulls also got an own goal from Toronto's Steven Beitashour.

THE CANADIAN PRESS

WORLD CUP OF HOCKEY SWEDEN HANGS ON TO TOP RUSSIA Sweden's Henrik Sedin, left, and Evgeni Malkin of Russia battle for a puck next to Russian netminder Sergei Bobrovsky on Sunday at the Air Canada Centre. Gabriel Landeskog and Victor Hedman scored in a 2-1 Sweden victory. Later Sunday, Team North America squared off against Finland. For more from the tournament go to metronews.ca. BRUCE BENNETT/GETTY IMAGES

PARALYMPICS

Canada places 13th in total medals

RIO2016

Aurelie Rivard is young and talented and loaded with promise.

And the triple gold medallist in swimming is the perfect representation, said Chantal Petitclerc, of Canada's rebuilding team that reached its goal of a top-16 finish at the Rio Paralympics.

Rivard, a 20-year-old from Saint-Jean-sur-Richelieu, was chosen to carry Canada's flag into Maracana Stadium for Sunday's closing ceremonies of the Rio Paralympics, capping what will go down as a successful Games for both Canada and host Brazil.

"She represents what we're trying to say here," said Petitclerc, Canada's chef de mission. "This team is rebuilding. This team has a lot of young potential like Aurelie, who made it happen here."

Canada finished 13th in the total medals table, with eight gold, 10 silver and 11 bronze. The 29 medals were two less than the team won four years ago in London, but Petitclerc said the numbers reflect the fact that countries are catching Canada — once a front-runner — in Paralympic sport.

Aurelie Rivard CNW GROUP/ CANADIAN PARALYMPIC COMMITTEE

"The 29 medals means that the Games are tough," Petitclerc said. "I think Paralympic athletes take great pride in knowing that they have to work so much harder than 20 years ago to get those Paralympic medals.

"I wished for 32 (medals), but I'm really happy to see that the level of competition is so tough."

China led all nations with 239 medals, followed by Britain with 147 and Ukraine with 117.

THE CANADIAN PRESS

IN BRIEF

More QB headaches in Patriots' win over Dolphins

Jimmy Garoppolo had three touchdown passes before leaving in the second quarter with a right shoulder injury as the New England Patriots outlasted the Miami Dolphins 31-24 on Sunday.

It was the Patriots' eighth straight home victory over Miami (0-2). It came at a price as New England (2-0) was dealt another blow at quarterback with Tom Brady already out his four-game "Deflategate" suspension.

THE ASSOCIATED PRESS

United falls deeper in funk

Jose Mourinho's Manchester United reign is quickly unravelling, with his new team condemned to a third successive loss to Watford on Sunday.

Watford's 3-1 victory exposed the brittleness of Mourinho's expensively assembled team as it tasted success over the record 20-time English champions for the first time in 30 years.

Five games into the Premier League season United is six points behind leader Manchester City.

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RECIPE Easy Tomato Tart

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Serves 6

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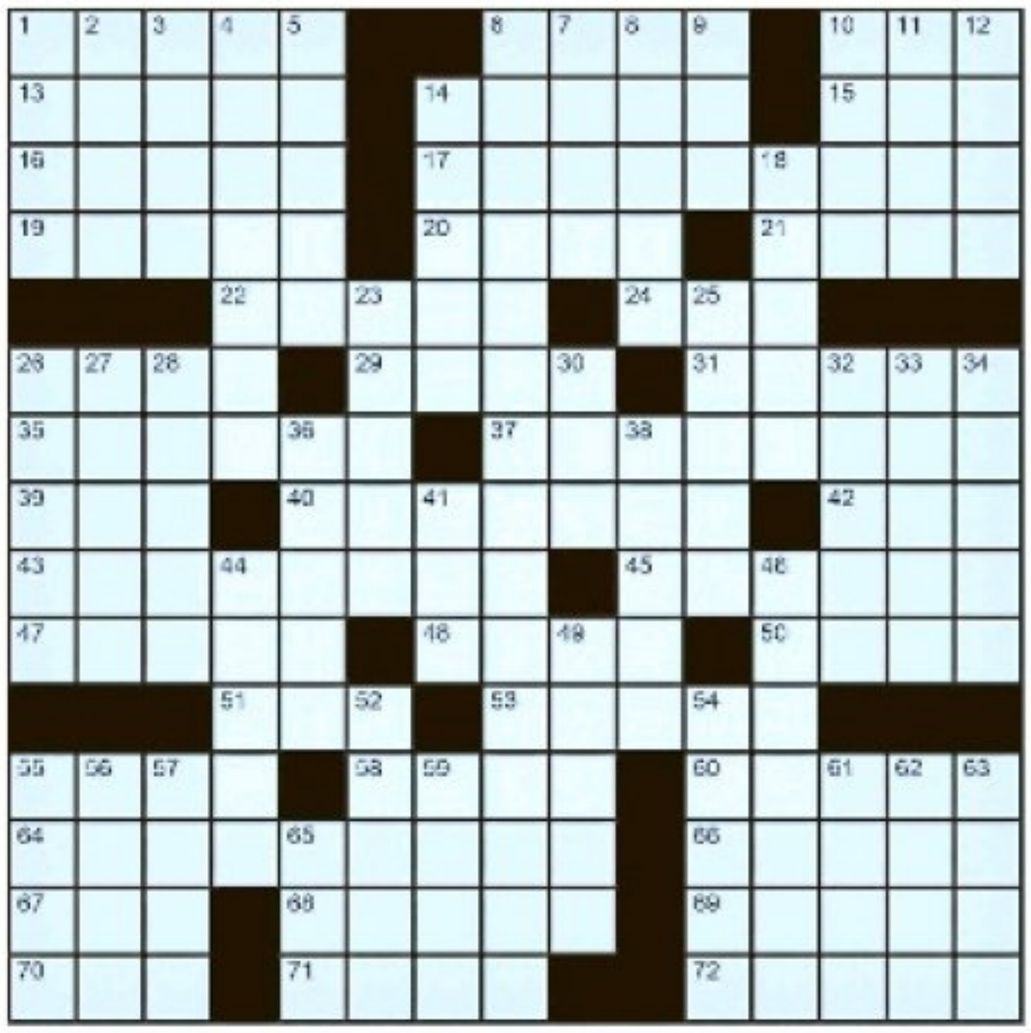
- 2 Tbsp olive oil, approximately
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese• 1 pint of cherry tomatoes
- 1/4 cup chopped fresh herbs (I used parsley and basil but thyme and rosemary would be nice too)
- Salt and pepper to taste

Directions
1. Preheat oven to 400 F.
2. Remove just one sheets of puff pastry dough.
3. Tear off a an 18-inch long sheet of parchment paper. Lightly flour the paper and roll out the pastry with a rolling pin into an 8- by 12-inch rectangle. Prick all over with a fork. With a small, sharp knife, create a border all around the rectangle a 1/2 inch in; don't not cut all the way through!
4. Drizzle oil over pastry. Now scatter the cheese. Then place tomatoes on top. Sprinkle herbs on top and add a pinch of salt and pepper
5. Place in oven 20 to 25 minutes until the pastry is golden and cheese bubbling. Allow to cool slightly before cutting. Serve with a simple salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mea _! (My bad!)
6. "_-Tough" (1977)
10. Abbr. amateur antonym
13. The Hunter constellation
14. Bridges
15. Sever
16. Haze over
17. Quarrel: 3 wds.
19. Get clean
20. Any thing
21. Deli loaves
22. Smudges
24. Model/actress Ms. Herzigova
26. Duchess of _ (Subject of Spanish painter Goya)
29. Snoot
31. Fibre for basketry
35. Arnold's employee on "Happy Days"
37. Elton John's "Rocket Man" bit: "She packed my bags last night, pre-flight / _ _, nine AM..."
39. German singer Ms. Lemper
40. Piano performance
42. Letters with Harper Valley
43. 'Sad' earring shape
45. Rock band instruments
47. Provide, as with some trait
48. Ms. Kurylenko of "Oblivion" (2013)
50. Payola$ singer Paul
51. Dresser drawer garb
53. Nervous
55. West Virginia export
58. Lieutenant Commander _, "Star Trek: The Next Generation" role
60. Choir voices
64. One showing up after everybody else
66. Dutch cheese
67. "Well, now!"
68. "He's _ _ Nowhere Man..." - The Beatles
69. Singin', Dancin' and what else?
70. Baby barker
71. Diner's detailer
72. Distinctive smell in the neighbourhood

DOWN
1. 'Georgia Peach' Ty
2. Carbamide
3. Steal
4. Grand _ (Loyal Order of Water Buffalo bigwig on "The Flintstones")
5. 2004 Gwen Stefani album: 'Love. _. Music. Baby.'
6. _ _ Wilderness Provincial Park (It's in northern British Columbia)
7. Roof's gutter locale
8. Boeotian Muse of memory
9. "It _ _." ("Who's there?" posh reply)
10. Gambit
11. Casanova
12. Chooses
14. Bake, as eggs
18. Stuff for Oscar's can
23. _ Canada (Historic province)
25. Gwyneth's "Shakespeare in Love" (1998) role
26. Razor-sharp
27. Approach nighttime
28. Food staple
30. Become
32. _-turvy
33. Played a minstrel's pear-shaped instrument
34. Clear
36. Command
38. Morocco's capital
41. Dove's murmur
44. Russia's currency
46. Character in Shakespeare's The Merchant of Venice
49. Tree's twisted knot
52. Cherish
54. Big tales
55. Horse hoof sound
56. Hawaiian island
57. Situated up high
59. "I'll second that!"
61. Dancer's dress
62. Aesir ruler
63. Dropped
65. Ms. Diaz, to pals

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relations with partners and close friends are warm and wonderful today. This is a great day to start a new partnership.

Taurus April 21 - May 21
You get along well with co-workers today. In addition, you might get a raise or you might get praise — or you might see ways to make your workspace more attractive.

Gemini May 22 - June 21
New love is exciting! Accept invitations to party. This is a wonderful day for social occasions, playful activities with children, sports events and anything connected with the arts.

Cancer June 22 - July 23
Explore real estate opportunities that might come your way today. This is also a great day to entertain at home.

Leo July 24 - Aug. 23
You can make money from your words today, which is good news for those of you who write, edit, teach, act, sell or market. In fact, your words are like gold! Meanwhile, relations with siblings and relatives are cosy.

Virgo Aug. 24 - Sept. 23
If shopping today, you will love buying something beautiful for yourself or someone close to you. You might see ways to boost your income.

Libra Sept. 24 - Oct. 23
This is a great day to buy wardrobe goodies. (You are always aware of fashion and current colours, even if you don't dress this way.)

Scorpio Oct. 24 - Nov. 22
A secret love affair might be going on for some of you. (In fact, this is a certainty.) Others might make a wonderful hidden discovery. It's a pleasant day!

Sagittarius Nov. 23 - Dec. 21
A friend might become a lover today. In any event, your feelings of affection for your friends are strong today.

Capricorn Dec. 22 - Jan. 20
Someone might want your creative input on design, layout, furniture arrangement or such. Others will meet flirtatious opportunities.

Aquarius Jan. 21 - Feb. 19
Grab every chance to travel for pleasure today, because it might come your way. You will enjoy intelligent discussions of philosophy, religion and politics

Pisces
Feb. 20 - March 20
Gifts, goodies and favours from others will come to you. It's a good day to ask for a loan or mortgage, because you can benefit from with wealth and resources of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9			6		5		3	
			3			1		2
					1		4	
6	8				9	4		7
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	4		9					
7		5			6			
	3		1		7			9

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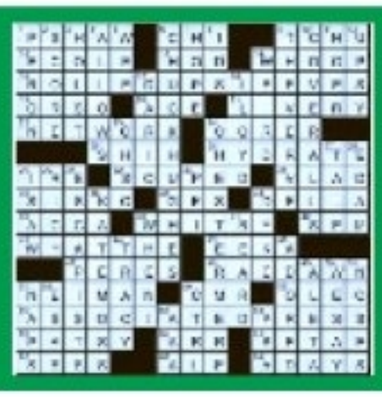

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1	8	4	5	2	7	3	9	6
6	2	5	9	1	3	8	4	7
5	6	8	3	9	4	7	2	1
7	3	1	8	6	2	9	5	4
9	4	2	7	5	1	6	3	8

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